

RECIPES

Stir-Fried Chinese Greens

Serves 4 to 6



- 1½ pounds Chinese greens such as Chinese broccoli, rabe, baby bok choy, baby Napa cabbage, Chinese long beans
- 1 carrot, cut into matchstick strips
- ¼ pound fuzzy melon or diakon, peeled
- 1½ to 2 tablespoons corn or peanut oil
- ¼ cup rice wine or dry sherry
- ¼ cup plus 2 tablespoons unsalted chicken or vegetable stock

Trim the base of the Chinese broccoli only if woody; the stems are prized more than the leaves. Cut the stalks on the diagonal into finger-lengths; leave the leaf and flower clusters attached to the stem, or separate if large. Cut Chinese rabe in the same manner. Cut off the base of the baby cabbage; trim and reserve them. Leave smaller leaves whole; cut larger leaves on the diagonal in half; leave intact the miniature cabbages at the core. Trim Chinese long beans and cut them into finger-lengths.

If thick, blanch broccoli and long beans in rapidly boiling water for 5 to 10 seconds. Submerge in ice water to chill; drain. Blanch carrots for 5 seconds. Plunge into ice water; drain. Cut the fuzzy melon or daikon into 1/8 inch rounds.

Just before serving, heat wok or heavy skillet over high heat until a bead of water evaporates on contact. Add 1½ tablespoons of the oil and swirl to glaze the pan. Reduce the heat to moderately high. When the oil is hot enough to sizzle a carrot stick, add carrots and toss for 30 seconds. Add fuzzy melon or daikon and toss for 30 seconds more. Add greens and toss for 30 seconds if raw or just combine if blanched. Adjust the heat to maintain a sizzle, drizzle a bit more oil down the side of the pan if needed to prevent sticking.

Add wine and stock to pan and bring to a boil. Cover and reduce heat to low. Steam-simmer the greens until they are tender-crisp, 30 seconds to 1½ minutes, depending on the greens. Serve immediately on heated plates.

Spicy Chinese Long Bean Salad



- 1 pound Chinese long beans
- 1 quart water
- 1 teaspoons cooking oil
- ¼ teaspoon salt

Garnish

- Black sesame seeds
- Chopped jalapeno pepper

Dressing

- ¼ cup sesame seeds
- ¼ cup hoisin sauce
- ⅓ cup seasoned rice vinegar
- 1 teaspoon chili garlic sauce

Place sesame seeds in a small frying pan over medium heat; cook, shaking the pan frequently until seeds are lightly browned, about 3–4 minutes. Immediately remove from pan to cool. Place seeds in blender and process until well-ground.

Add remaining ingredients in blender and process until smooth. Remove and discard ends of the long beans. Cut diagonally into 2-inch pieces.

In a pot, bring water to a boil over high heat. Add the oil and salt. Add the beans and cook until tender-crisp, about 4–5 minutes. Drain, rinse with cold water and drain again. Refrigerate in bowl until chilled.

Just before serving, pour dressing over beans and toss to coat. Garnish with black sesame seeds and chopped jalapeno.

Lemon Grass Soup with Shrimp



- ¾ pound shrimp, unpeeled
- 1 shallot, finely chopped
- 3 cloves garlic, pressed
- 2–3 small hot red chili peppers, seeded, chopped fine
- 1 tablespoon olive oil
- Dash cayenne pepper
- 3 stalks lemon grass, bottom third only, cut into ½ inch pieces
- 1 pound white mushrooms, sliced thinly
- 1 pint chicken stock
- 2 tablespoons fish sauce
- Juice from 4 limes
- 1 package Asian wheat noodles

Peel shrimp, reserving shells. Place shrimp in cold, heavily salted water. Refrigerate for 1 hour. Saute shallots, garlic and peppers in oil until lightly browned. Add chicken stock, lemon grass and shrimp shells. Bring to a boil, reduce heat and simmer 20–30 minutes. Strain through colander to remove shells, etc. and return to pan. Maintain at a simmer.

Add mushrooms, fish sauce and lime juice. Season with salt and pepper. Cook noodles and add to stock. Add shrimp and cook until pink, about 3 minutes. *Serves 2.*

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NAME		APPEARANCE/AVAILABILITY	NUTRITIONAL VALUE	HOW TO USE
	Amaranth (Chinese spinach, Hin Tsai, Yin Choi, Santousai, Rau Den, Phak Kkom, Chambrium, Chaulai Sag, Bayam, Kulitis)	Green leaf has dark green upright leaves. White leaf has light green leaves and stems. Red leaf has large green leaves with red stripes. Similar in taste to spinach. Grown during the summer months.	A good source of vitamin C, A, D and E; calcium, iron, magnesium, niacin, phosphorous, potassium and amino acids.	Young leaves can be cooked like spinach and used in salads. Commonly used in soups and stir-fry dishes.
	Asian Pumpkin (Japanese pumpkin, Kabocha, Hybrid Naguri, Yin Du Gua, Seiyau, Bi Ro, Vilayati Kaddu, Kalabasa, Labu Manis)	The globe-shaped fruit is smooth, dark green with pale green stripes and weighs about 3 pounds. Flesh is very sweet. Harvested during fall but usually available year-round.	Contains large amounts of vitamin A, sugar. The seeds are nutritious as well, full of essential fatty acids.	Remove seeds. Baked or steamed, the pulp is good cooked with butter, brown sugar and ginger. Good in soups.
	Bitter Melon (Bitter Gourd, Ku Gua, Tsuru Reishi, Muop Dang, Mara, Ssunoi, Karela, Ampalaya, Pare, Peria)	Top shaped with large square shoulders and warty skin. Slightly bitter taste. Seeds are not edible. Grows vigorously in warm climates.	Rich in iron, vitamins A and C. Phosphorous and iron. Reportedly has medicinal value in fighting colds. lowering blood sugar levels.	Used best when young, bitter taste develops as the fruit ages. Most commonly used in soups and stir-fry. Leaves and tips are edible when young.
	Bok Choy (Pak Choy, Chinese white cabbage, Shakushina, Petsay, Phakkaat Farang, Petsia, Sawi Phuit)	Fast growing with tender green leaves and crispy green stalks. Found year-round. Easy to grow in home gardens. Raw leaves have slightly sharp tang tempered by cooking.	Good source of vitamins A, C and calcium. Low in calories and sodium.	Add to any stir-fry dish. Can be steamed like cabbage.Serve fresh in salads.
	Chinese Broccoli (Flowering broccoli, Gai Lan, Kairan, Kilaan, Cai Ro, Phakkana, Gailon, Lan)	Small stem and green flower buds and leaves. Cool season vegetable. Nutty flavor.	Rich in vitamins A, C and potassium.	Prepare as you would traditional broccoli; boil, steam, braise, sauté.
	Daikon (White radish, Loh Bok, Cu Cai Trang, Hua Piahs, Mu, Labanos, Lobak Putih)	Choose firm smooth roots with dark green leafy tops. Available year-round. Has sweet crisp tangy flavor.	Contains vitamins C, calcium and iron. Low fat and cholesterol free.	Sliver, dice or slice for use raw in salads. Simmer in soups or add to stir-fry. The tops can be steamed, boiled or braised and used in soups.
	Eggplant (Aubergine, Chinese long eggplant, Ngai Kwa, Mackhera, Brinjaik Terung)	Pale mauve to deep purple. Chinese eggplant is thin skinned. Containing few if any seeds. Body long and slim. Mild and bland, may be slightly bitter. Available late spring to early fall.	Good source of potassium, vitamins A, B and C.	Fry, microwave, bake or grill. Use tempura style or add to stir-fry. Delicious raw or stuffed with favorite filling. Slice on top of pizza.
	Hairy Gourds (Hairy melon, Fuzzy gourd, Mao gua, Bi Dao, Kondol, Kundur)	As the name implies, it is quite hairy and will need to be peeled before using. Has refreshing delicate flavor, similar to summer squash. Available mid-spring to first frost.	Low in calories and carbohydrates.	Stuffed, baked or slice into soups.
	Lemon Grass (Camel’s Hay, Erba di limon, Sere, Bai Mak Nao, Serai)	Long thick-stalked grass with leaves at the top and solid portion several inches long at the root. Has a lemony flavor with hint of ginger. Perennial, stalks harvested every 3 to 5 months.	Considered a diuretic, stimulant and tonic. Used also as a spice.	The lower portion is sliced or pounded and used in meat, poultry, seafood and vegetable dishes. Stems also used in teas or used in pickles and flavored marinades.
	Mustard Greens (Chinese mustard, Dai Gai Choi, Rai, Mustasa, Sawi)	Choose greens that have firm, broad leaves without any discoloration. Avoid limp leaves. Strong mustard-like flavor. Available fresh December through March.	Rich in vitamins A, C, calcium and iron. High in fiber, folic acid, magnesium and potassium.	Cook with other greens to lessen the bitterness or blanch in salted water before cooking. Sauté or steam.
	Chinese Cabbage (Napa cabbage, Da Bai Cai, Hakusai, Baguio, Kubis Cina)	Leaves are crinkly and light green, similar in shape to romaine lettuce. Mild taste. Available mid-spring to first frost.	Good source of vitamins A, C potassium and fiber. Contains natural compounds that may help fight cancer.	Shred or chop for stir-fry. Use as you would any cabbage.
	Opo (Guava bean, Hu Lu Gua, Bottle gourd, Upo, Lauki, Buap Khaus)	Bottle-shaped, light green, averaging 15–17 inches long. Lemon-like taste. Available mid-spring to first frost.	Rich in potassium, vitamins A, B and C. Low in fat and carbohydrates.	Best when immature. Cook like squash. Often stuffed with seafood, cooked in stews and stir-fry.
	Chinese Long Beans (Yard long beans, asparagus bean, Dau Gok, Sitao, Juroku Sasage, Kacang Belut)	Pencil-thin, 12–18 inches long with smooth pale to dark green skin. Slightly black-eyed-pea flavor. Available year-round.	Excellent source of vitamins A, C, fiber and folic acid.	Trim stems and cut into 1½ inch pieces. Sauté or stir-fry.